

Salt Lamps, Beaches and Baths

By: Alexandra Carr

A bad at the beach is better than a good day at work...That was the thought running through my mind as the tears slowly rolled down my eyes, then rested on my lips.

I couldn't help but notice the mild salty taste and for an instant I didn't even think of the pain, the undeniable pain of a broken bone.

I ran to the rushing waves, instinctively, feeling as if I should dip my hand in the ocean salt water. The water was cool and the action of the beach waves worked like a spa, soothing the swelling finger. I couldn't remember ever having felt such pain while surrounded by such beauty.

I looked up at my younger brother, and gave him the evil eye. "You broke my finger"! He looked at me anxiously and took his defense, "it's not my fault you can't catch" he said. My anger rising with the throbbing pain, I answered back something along the lines of "Well, I'm not Ricky Williams; you shouldn't have thrown that ball like Dan Marino"!

You may be thinking I'm relating a story from my childhood but, I'm not.

This just happened a few weeks ago while we celebrated our consecutive birthdays, both of us now in our forties!

Just like the lure of the ocean, some things never change.

All my life I have had the blessing of living near the beach. Often I've taken it for granted, as I let the months go by without so much as a short visit.

Knowing that the next time I'm there, once I place my bare feet on the warm beach sand, and take in my surroundings, I will be thinking; *I should do this more often.*

Everything seems perfectly fine at the beach, like everything is going to be alright. Even the day my brother busted my finger with his warp-speed football pass.

Now, don't misunderstand me, I was in pain and I don't enjoy pain but, I actually did have the thought that I wouldn't want to be any other place during that painful experience.

Somehow, it didn't seem so bad.

A day at the beach is considered by many to be one of the most enjoyable and beneficial therapies available. For me, it's right up there with a therapeutic massage or a pampering warm oil bath.

As I nursed my finger back to health, I found myself facing minor but frustrating limitations and as a result, I turned to my reading.

I just finished reading a book about Himalayan Salt Crystal Lamps and the science behind them.

I learned of their natural "Feng Shui" abilities and how healthy their powerful constant flow of negative ions can be.

These beautiful elegant lamps even involve Chromotherapy (color therapy) by providing a calming soft orange glow when lit, like that of a sunset.

Most importantly, I learned that, like the energizing negative ions released in the natural settings of mountains, waterfalls, and **beaches**, the negative ions emitted by these lamps increase oxygen flow to the brain, helping to alleviate depression, relieve stress, and boost daytime energy.

A few weeks into the healing stage, I was feeling a little "down" and longing for a beach day. But, I knew that I would be better off just treating myself to a day of pampering instead.

I chose a warm oil bath.

Fortified with my new knowledge and itching to put it to the test, I included my new salt lamp as part of my customary bath ritual; warm water, fragrant essential oils, dead sea mineral bath salt, and soft music playing in the back ground.

Aaahh... there I was, immersed in the warm fragrant bath water while soaking in the vital energy of my ionic salt lamp. I felt the tension in my body instantly melt away, as I relaxed in the soft orange glow of the lamp. What an amazing mood changer!

I can honestly say I didn't miss the beach at all, as I found myself thinking; *I should do this more often.*